BREAKING UP IS HARD TO DO
TAYLOR SWIFT ON HER NEW ALBUM {page 9}

COSTLY SPLIT MIGHT RUN COX $50M DISH {page 11}

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Tuesday, October 26, 2010
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News worth sharing.

KRISTEN THOMPSON/METRO

▶ Former ski jumper Zoya Lynch at the Langara College Broadway campus yesterday. Lynch, who has traded in her skis for textbooks, says she's certain the IOC will allow women to compete in the Sochi Games.

Women ski jumpers dare to hope

- IOC was expected yesterday to make a decision on inclusion of women's ski jumping in the Sochi Games
- Officials deferred decision until spring but said it's 'looking favourably' at adding the sport
- Men's ski jumping has been in Olympics since 1924

It's not the "yes" they were looking for, but representatives of women's ski jumping in Canada and the United States say they're encouraged by the IOC's announcement that their sport may be in the Sochi Games.

Olympic officials said yesterday they need more time to decide whether women's ski jumping is ready for the Olympics and that the final decision will be made sometime after the World Championships in Oslo in February.

"We are taking this as a win," said Women's Ski Jumping USA spokesperson Deedee Corradini.

"We would have preferred it if we'd had an absolute win with no condition, but ... the IOC did say that they're looking at women's ski jumping very favourably."

Zoya Lynch, a former ski jumper who was part of the lawsuit demanding VANOC add a women's component to the Vancouver Olympics, said she can't see a reason why the IOC will say no this time.

"As soon as they go to Oslo and see the show the girls put on, there's going to be no question they'll (allow the sport in Sochi)," she said.

"I have girlfriends all over the world that are going to be in 2014, especially my American counterparts who were part of the (VANOC) fight. We're the trailblazers and ... we want young girls out there." ZOYA LYNCH, EX-SKI JUMPER

Brent Morrice with Ski Jumping Canada said he's so certain the sport will be added to 2014 that his organization is getting its team prepared for the Olympics.

The IOC said it didn't allow women's ski jumping into the 2010 Games because the sport didn't have enough elite competitors.

Women from around 20 countries are expected to compete in the upcoming World Championships.

KRISTEN THOMPSON

Make taxes less taxing

A little preparation can pay off when tax time comes {page 15}

Officers charged with assault

Senior in police custody allegedly Tasered {page 2}

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1 news

Two hundred marathons in 2010 down, 50 to go for fundraising Alberta runner.

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Tour the Government of Canada Gift Bank, a one-stop gift shop for foreign dignitaries. More at metronews.ca

Salmon. Protest

▶ Protesters rallied at the Vancouver Art Gallery yesterday to call attention to the decline of salmon on the West Coast.

VANESSA YEE/FOR METRO

Speaking out on salmon

A federal inquiry into the decline of West Coast sockeye began in Vancouver yesterday. Inquiry head Justice Bruce Cohen said the committee would lead to a sustainable salmon resource in the Fraser River.

Cops charged over Tasering

Man, 73, suffered severe lacerations in alleged assault ◐ Was arrested under Mental Heath Act after disturbance where he was armed with a knife

VANESSA YEE
VANCOUVER@METRONEWS.CA

Two officers have been charged with assault after they allegedly Tasered a 73-year-old man who was in police custody and was being treated in hospital.

Surrey RCMP Const. Mitchell Spears and Transit Police Const. Ken Jansen were charged Oct. 20 following the investigation of an April 22 incident. A man, who was armed with a knife, had been arrested and was taken to the hospital for treatment and assessment.

According to RCMP, the man suffered severe "facial lacerations" when Spears, a Mountie since 2008, allegedly shocked him once with the weapon set to push-stun mode.

Transit Police Acting Chief Officer George Beattie said he was disappointed with the accusations against Jansen.

"Allegations of this nature are troubling for all of us who are entrusted with the public's confidence," Beattie said.

After review, both officers were suspended from duty. Beattie said Jansen was immediately removed from "further direct interactions with the public" following the incident. Jansen, a transit officer for three years, was suspended later with pay.

Spears was charged with one count of assault and one count of assault with a weapon. Jansen was charged with one count of assault. The officers are expected in Surrey provincial court on Dec. 7

News in brief

Campbell reshuffles

VICTORIA. Premier Gordon Campbell shuffled his cabinet yesterday to include one new cabinet minister and 17 new or altered portfolios for the current ministers. Campbell said the changes would "streamline government processes ... and enable (B.C.) to move forward."

Clear gutters, city urges

RAIN. The city is seeking help from residents to keep streets clear during the heavy rainfall. People are asked to clear leaves from the edge of the road and grate areas to prevent flooding.

VANESSA YEE

Passenger road rage?

ARREST. A 25-year-old Vancouver man is in jail facing numerous charges after dropping a mock-Glock pistol in front of Vancouver police officers during an early Saturday-morning altercation with a cab driver.

Collision deaths down

ROADS. This year Vancouver has seen half as many collision-related fatalities as last year. With that in mind, Vancouver police are urging motorists and pedestrians to remain vigilant when it comes to safety.

SARAH N. FITZGERALD

Ghost sightings rampant at city heritage sites

- Gastown is the hub of paranormal activity in the city
- Here are some of the most notoriously haunted spots

FAIRMONT HOTEL VANCOUVER
▶ The apparition of an elegant woman in red is said to roam the corridors on the 14th floor. It's rumoured she was a former guest.

THE OLD SPAGHETTI FACTORY
▶ It's said that two ghosts haunt this landmark Gastown restaurant. A conductor can be seen sitting in the trolley and a man dressed in red in the women's washroom.

HYCROFT MANSION
▶ This 30-room estate home in Shaughnessy is rumoured to be home to several spirits, including Alexander Duncan McRae — who built the house in 1909 — and his wife, Blaunche.

RAFE ARNOTT/METRO FILE

▶ Fairmont Hotel concierge Tracy Campbell dressed as the lady in red.

VOGUE THEATRE
▶ The theatre is said to house at least two ghosts — one in the basement dressing room and another that lurks in the wing of the left orchestra. Staff also often report unexplained footsteps.

BURNABY ART GALLERY
▶ It's said the ghost of Grace Ceperley — whose husband built the mansion — wanders the halls wearing a flowing white dress. A mischievous spirit also plays pranks in the basement. ● KRISTEN THOMPSON

Read Metro tomorrow as readers share their greatest fears.

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U.S. giving 'bags of money'?

Afghan President Hamid Karzai said yesterday that once or twice a year, Iran gives his office $700,000 to $975,000 for official presidential expenses and that Washington also provides "bags of money" because his office lacks funds.

Karzai's comments come a day after the New York Times reported that Iran was giving bags of cash to the president's chief of staff, Umar Daudzai, to buy his loyalty and promote Iranian interests.

The Times quoted unnamed sources as saying the cash amounted to a slush fund that Karzai and Daudzai had used to pay Afghan lawmakers and tribal elders to secure their loyalty. THE ASSOCIATED PRESS

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Body. Art

▶ Thailand's Yanisa Suayvicha shows her tattoos during the annual Tattoo Festival in Bangkok yesterday.

SAKCHHAI LALIT/THE ASSOCIATED PRESS

Tattoos on display

Thousands of tattoo fans gathered to see the work of dozens of international tattoo artists and share their common love of body art. The event brought together artists from Asia, Europe and America and showcased body art from different cultures.

California puts weed to a vote

Move to legalize pot comes amid reports that laws target blacks

The state of California could vote next week to legalize, regulate and tax marijuana, a move that some suggest could not only blaze a trail for more liberal weed laws across the country but also obliterate a longtime racial injustice.

A recent study found that from 2006 to 2008, police in 25 of the state's major cities arrested blacks at four to 12 times the rate of whites.

That's despite several federal government studies that suggest fewer African-Americans smoke marijuana than whites.

The study, conducted by the California chapter of the National Association for the Advancement of Colored People (NAACP) and the pro-legalization group, Drug Policy Alliance, concluded that marijuana arrests are racially biased because police focus on high-crime, low-income neighbourhoods often populated by African-Americans.

Such revelations have prompted the American Civil Liberties Union to push for passage of Proposition 19, a measure that would make it legal for any Californian over the age of 21 to possess an ounce of marijuana, while giving the green light to cities and counties to regulate and tax commercial sales of weed.

"The war on drugs has become a war on minorities," the ACLU wrote yesterday to Eric Holder, the U.S. attorney general. THE CANADIAN PRESS

$100,000
Facebook co-founder Sean Parker recently contributed $100,000 US to the campaign for Proposition 19.

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SHAUN SIMPSON

Muddy magic

Today's photo of the day is by Canadian Shaun Simpson and was submitted in the Emotions category. The photo is titled: The Porcelain People I. Enter your photos today and view more pictures at metrophotochallenge.ca.

metro PHOTO CHALLENGE

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Slow economic recovery a worry: Flaherty

- Countries in G20 aim to stop currency devaluations
- G20 represents about 85% of the global economy

Finance Minister Jim Flaherty says Canada is apprehensive about the slowing and uneven pace of global recovery despite having weathered the recession relatively well.

He says it's essential the G20 follow through in implementing its package of global reforms and work hard to ensure the world economy remains on "a sustainable path."

Flaherty also warned that demand in advanced economies is expected to be subdued as consumer and investor confidence remains weak due to rising unemployment, uncertainty in financial markets and concerns over fiscal sustainability.

On Saturday, the G20 countries vowed to avoid potentially debilitating currency devaluations, aiming to quell trade tensions that could threaten the global recovery.

The agreement came amid fears that countries were on the verge of a so-called currency war in which they would devalue currencies to gain an export advantage over competitors — causing a rise in protectionism and damaging the global economy.

The agreement was hailed by officials and analysts as a step forward in defusing tensions.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

Natural gas 1,000 cu ft	$3.262 (– 07¢)
Gold contracts	$1,338.90 (+ $13.80)
DOLLAR	+ 0.63¢ (98.01¢ US)
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TSX	+ 62.40 (12,663.58)

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FRIGHTENING COSTUME CLICHÉS TO AVOID

She says ...

JESSICA NAPIER

Halloween is one of those annual events I just love to hate.

Every year, I experience a childlike excitement as I indulge in not-so-sinful bite-sized chocolate bars and watch homemade haunted houses sprout up on lawns around my neighbourhood. But my delight in all the tacky accoutrements of this devilish day is always offset by the horror of heinous costume crimes on the night of the 31st.

Dress-up offences usually come in three forms: Animals in costume; racially charged characters; and the slutty nurse.

First of all, please stop forcing your pets into obnoxious critter costumes. Your extremely co-operative cats and dogs are not amused and you're only embarrassing yourself. I cringe every time I see a poor creature outfitted in some sort of "adorable" Halloween outfit. Next time you're bored at work, do a quick Google image search on "Why dogs hate Halloween" and you'll see what I'm talking about.

"When did we get together and decide that from age 16 onwards all female costumes have to be promiscuous?"

Next up, the tricky terrain of playing race-card dress-up. Here is a simple rule of thumb for all of you considering a costume that involves a change in ethnicity: Don't do it. Just because it's Halloween doesn't make it excusable. No matter how hilarious you think your version of Old Spice Guy will be, you are going to offend someone. Blackface is never a good idea.

And finally, the worst costume offence of them all — the slutty nurse. Of course, by "slutty nurse" I really mean the slutty cat, slutty pirate, slutty cop and all the other frighteningly revealing outfits that have become such an unavoidable part of Halloween.

Did I miss something? When did we get together and decide that from age 16 onwards all female costumes have to be promiscuous?

Every year, no matter how you choose to celebrate this spook-tacular day, you will inevitably encounter a group of creepy guys in store-bought costumes ogling nearly naked cowgirls and sexy sailors.

Not only are these over-sexed ensembles predictable and unimaginative — they're also seriously impractical. Guess what ladies? We live in Canada. The average late October nighttime temperature usually hovers around the freezing mark. It's too cold to go outside wearing a barely there leotard and animal ears.

I'm begging you, stop putting the trick in trick or treat and dream up an original costume for a change.

Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER

Call the fashion police

Worth mentioning

Fine clothing or fined for clothing?

THE ASSOCIATED PRESS FILE

Just how mini can a miniskirt be?

The mayor of a small Italian town wants law enforcement officials, and not fashion gurus, to be the ones to decide.

The mayor of the southern seaside town of Castellammare di Stabia got his way yesterday when city council approved a ban on football games in public parks and squares, blasphemy out loud, and "very skimpy clothes," the ANSA news agency reported.

Conservative Mayor Luigi Bobbio said miniskirts and other provocative outfits will still be allowed as long as they are not too revealing.

"It's a matter of common sense, of common decency," he told The Associated Press.

A handful of local female politicians protested in front of the town's city hall during yesterday's vote, but few, if any, wore miniskirts.

The measures also include a ban on playing football in public spaces — Bobbio says these games often turn into fights — sunbathing or undressing in town, blasphemy and foul language in general. Men cannot go around shirtless, the rules say.

Violations can be punished with a fine of up to $700 US.

THE CANADIAN PRESS

What's your favourite Halloween costume?

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Prepare yourself for 9,000 square feet of bone-chilling, spine-tingling thrills at Potters House of Horrors. This walkthrough labyrinth consists of multiple rooms to frighten even the most courageous.

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This house of horrors is open until Oct. 31 from 6 to 10 p.m. with a special family hour from 6 to 7 p.m. for those who are not quite ready for the full force of horrors the house has to offer.

The house is located at 12530–72nd Ave. in Surrey. For more information and tickets, check out pottershouseofhorrors.com.

VANESSA YEE

▶ The Potters House of Horrors is located at 12530–72nd Ave. in Surrey.

WHAT NOT TO WEAR
metro
Fantastic new species discovered
metro
News worth sharing.

KEITH BEDFORD/STARBUCKS/GETTY IMAGES

▶ Singer Taylor Swift purchases her new album Speak Now at the Times Square Starbucks yesterday in New York City.

Breaking up is hard to do

GRAHAM ROCKINGHAM
SCENE@METRONEWS.CA

Taylor Swift is the first to admit she's grown up a lot in the past few years.

When she was still a high school student, Swift was more reckless in her relationships.

You can hear it in songs like Fifteen where she's eager to find love, jumping in head first without looking back. You can see it in the title of her second album — Fearless.

But now, at 20, she's more cautious — careful.

"As you experience love, as you experience more relationships, you start to realize that sometimes, most times actually, love ends in goodbye," the singer-songwriter says about the songs from her third CD, Speak Now.

"Love ends in pain and hurt, whether you've gone through it, or you see your parents go through it or you see your family and friends go through it," she says.

"Every time there's an argument or an issue in that new relationship we have those ghosts pop up in our rear view mirror of all the times love hasn't worked out before. (The song) Mine is about … if you want to overcome all that, if you want to make a relationship work, you have to block out those ghosts in the rear view mirror and those voices saying this is going to end like all the rest of them did."

Swift is on the phone from Nashville, where she's undergoing an endless stream of 10-minute interviews in the carefully orchestrated buildup to release of Speak Now, which hit record stores across the continent yesterday.

She's chatty and, at times, playful. Her answers are well thought-out, spoken in complete sentences. She's opening up her deepest feelings to a complete stranger, but still guarded about the details.

All her fans seem to be aware of her past love interests, which include pop rocker Joe Jonas and Twilight actor Taylor Lautner. But still, she won't attach names to the songs. She's being careful.

The toughest track for Swift to write was Innocent.

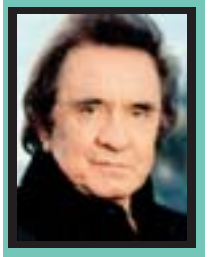
It's about Kanye West, the bad boy rapper who humiliated Swift at the 2009 MTV Video Music Awards by interrupting her acceptance speech.

"You've made a rebel out of a careless man's careful daughter"
FROM TAYLOR SWIFT'S LATEST HIT SINGLE, MINE

"There are some songs that take 30 minutes to write and there are some songs that take six months to write," she explains.

"When things really intensely affect me emotionally, sometimes knowing what to think, knowing what to say, and knowing how to feel take a very long time to determine."

2 scene



The man in black will be bringing in some green when Johnny Cash's guitars, costumes, handwritten lyrics and personal belongings go on the auction block.

The embroidered blue jumpsuit Cash wore to rehearse for his infamous performance at San Quentin State Prison is expected to fetch $3,000 to $5,000. Also up for sale are vintage guitars, a harmonica, Cash's passport and briefcase, and handwritten lyrics, notes and poems.

THE ASSOCIATED PRESS

There is a little more spice this season on Sandra Lee's Semi-Homemade Cooking, with Cuomo running for N.Y. governor

OK Go-es to the dogs

Band's canine-inspired video for White Knuckles seen by millions ◗ It took 124 attempts to get it right

OK Go has done it again: It turned the band's White Knuckles video into a dog fest of a YouTube sensation, and with a little help from a goat.

The video received a million hits in a day after it debuted on The Ellen DeGeneres Show and was posted online Sept. 20.

Sure, the band's popular, but this time it owes a debt to Riot, Spike, Justice, Jury, Sequel, Zuni, Kash, Bunny, Peanut, Tin Tin, Kobie and Dazzle. And Ranger, a feisty goat who makes a cameo pulling at a leash in the 3½ minutes of bouncy music, frantic stacking of plastic buckets and canine tricks.

Fame came faster for White Knuckles than OK Go's Grammy-winning Here It Goes Again treadmill video, which has over 50 million hits in five years, said Bobbie Gale, the band's publicist.

Playing stagehands to the dogs are the band's Damian Kulash, Tim Nordwind, Dan Konopka and Andy Ross. Dressed in white from head to toe, they sing White Knuckles from their album Of the Blue Colour of the Sky as they twirl dogs in chairs and hoist them on planks, tables and into movable cubby holes by twos and threes. The band didn't want a bunch of stupid pet tricks or one amazing dog, but a lot of dogs doing basic things together, said Kulash, the guitarist and lead singer.

"You take any two simple things and make them move in sync and suddenly they have personality. Something comes out of it. There is a gut emotional response to having things moving that way," he said. OK Go should know.

The backyard, treadmill and animal dances were choreographed by Trish Sie, Kulash's sister. She and the band won a best short form music video Grammy as co-directors of the treadmill piece.

"But it begged the question, what are we going to do now?" Sie said.

That was the night they decided whatever it was, it would involve dogs. When the time came, she said the dogs were the biggest challenge and the greatest reward. "Dogs don't understand the concept of a beat or an eight-count. It's all one big game to them," Sie said.

For example, Kobie does a high five in the video, she said. "The problem was getting him to do it just once. He would run out and do it 20 times." They couldn't change his behaviour so they had to change their timing, she said.

The blueprint was drawn up a year ago during two weeks spent around a table in a Los Angeles warehouse. The band and Sie met with Lauren Henry and Roland Sonnenburg of Talented Animals, playing with dogs and brainstorming.

The dogs underwent two weeks of training. In the warehouse, humans used stuffed animals to rehearse. They built tables and furniture, painted five-centimetre-by-20-centimetre boards and practised bucket building. The choreography included the trainers moving around the room to guide the dogs through each trick with hand or voice signals, clickers, toys and treats.

THE ASSOCIATED PRESS

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DVD Releases this week

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Teasing at its best

Les Amours imaginaires (Heartbeats)
Genre: Drama
Director: Xavier Dolan
Stars: Xavier Dolan, Monia Chokri, Niels Schneider
●●●●½

Advance word on Heartbeats, the sophomore feature from Quebec wunderkind Xavier Dolan (J'ai tué ma mere), had it as a ménage à trois between Dolan's character Francis and friends Marie (Chokri) and Nicolas (Schneider).

This is a tease, but then so is the movie, in the best possible sense. It is true that Francis, Marie and Nicolas are never far from a bed, but the permutations of their passion take many forms that don't always add up to three.

Longtime pals Francis and Marie fall under the spell of Nicolas, a curly blond Adonis type, whom they spot at a luncheon and wrongly assume to be something of a yokel.

Nicolas is from the country and grins readily at many jokes, while Francis, who is gay, and Marie, who is straight, are sophisticated cynics from Montreal. It's not long, though, before both Francis and Marie are imagining themselves entangled with Nicolas, who is far shrewder and more calculating than he appears.

With Heartbeats, Dolan defies cardiac arrest.

PETER HOWELL

The Girl Who Played With Fire
Genre: Drama
Director: Daniel Alfredson
Stars: Noomi Rapace, Michael Nyqvist, Annika Hallin, Per Oscarsson
●●●

As often happens midway through dramatic trilogies, the story sags and the violence gets ramped up, as preparations are made for the grand finale.

It's no different with The Girl Who Played With Fire, the second film adaptation of Stieg Larsson's Millennium Trilogy.

Noomi Rapace returns as Lisbeth Salander, and she's teamed again with investigative reporter Mikael Blomkvist (Michael Nyqvist).

Salander is on the lam, framed for three murders that Blomkvist knows she didn't commit. An international sex-for-hire ring and a hulking villain straight out of a 007 film add further complications.

Director Daniel Alfredson made this for Swedish TV, and it shows. The grainy digital look suggests an impoverished budget.

PETER HOWELL

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Divorce might cost Courteney $50 million

Cox's fortune estimated at $100M Arquette likely to see half of that Couple separated at the moment but divorce filing expected

If separated couple Courteney Cox and David Arquette decided to go all the way and get a divorce, it could end up costing Cox up to $50 million, according to the National Enquirer.

"David is going to hit Courteney where it hurts the most — her pocketbook," a source says. "I think he will file divorce papers shortly, and that's when things will get ugly. I believe David will go for half of their $100 million fortune."

METRO

GETTY IMAGES

Courteney Cox and David Arquette

Lohan's clothing line not hurt by rehab stint

Lindsay Lohan was worried her clothing line, 6126, would flounder if she was forced back to rehab by the court, which she was last Friday.

But sources tell TMZ the company is doing just fine thanks to sketches for their next fall and spring lines that Lohan completed during her first stint at the Betty Ford Center. Lohan has been ordered to remain in rehab until Jan. 3. METRO

GETTY IMAGES

Russell Brand and Katy Perry

Brand buys Perry a tigress

While friends and family were likely showering Katy Perry with gifts for her Indian wedding over the weekend, it was new husband Russell Brand, appropriately, who reportedly stole the show.

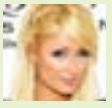
After the wedding, Brand purchased a tigress that lives in the Ranthambore National Park in northern India, according to One India.

The tigress will remain in India, but Brand will provide for its looking after on behalf of his new wife.

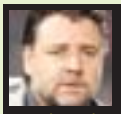
METRO

Celebrity tweets

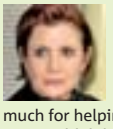
Steve Martin [@SteveMartinToGo] Day off on Monday; hoping to get a 24 flu. Would be so convenient, and give me something to do.



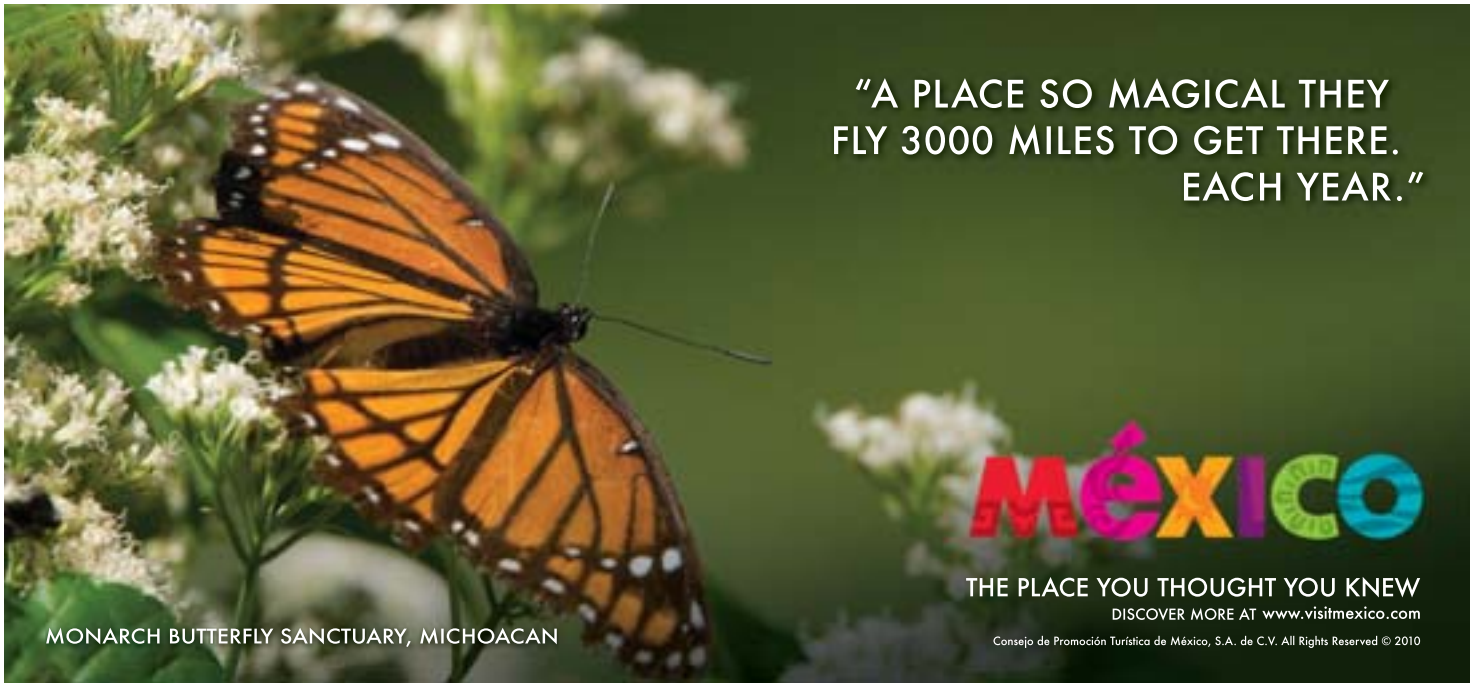
Paris Hilton [@ParisHilton] So excited for Halloween! :)



Russell Crowe [@russellcrowe] I'd like to have a month made of Sundays.



Carrie Fisher [@CarrieFFisher] Thank you guys so much for helping me turn 54. I couldn't have done it alone. I don't look a day over 53. METRO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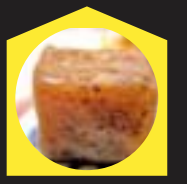
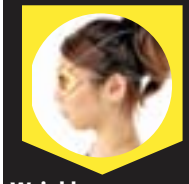
3 life

Healthy bites



Konnyaku jelly
Derived from the konnyaku potato, the jelly is a top health food in Japan. Low in calories, it has been found to clear the digestive track of toxins.



Wrinkles
These glasses fight off the formation of wrinkles. The Mejikara anti-wrinkle glasses have been designed to prevent crow's feet. Available at: japantrendshop.com

Health Canada, food industry launch campaign on understanding nutrition facts

CONTRIBUTED

▶ Get intense.

The body bible

Carlos Leon (yes, father to Lourdes, ex of Madonna ...) and Jeff Bell launch Belleon
It's a full body workout that's more than a few twists and jumps, it's a body bible.

ROMINA McGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Belleon Basics

Belleon is designed as a basic one-hour circuits class followed by a series of exercises that work your entire core.

Leon and Bell take you through a six-week total body conditioning training that sees intensity increase each time.

Every week, more circuits are added as your fitness level, endurance and ability improves whereas extra cardiovascular moves are added in order to keep the heart rate high and enable fat burn. More of an urban boot camp, this is and idea for people with no time and that need to squeeze their workouts into bursts

▶ Carlos Leon (left) and Jeff Bell.

Belleon Body

Bell and Leon want to re-introduce you to your body.

"Once you realize working out makes you feel better, getting to know your body becomes a life-long commitment," says Leon.

Their lean, muscular physique is the living proof their method works for both men and women.

"We chisel people into shape. Their muscles become tighter, leaner, more toned and their heart rate increases facilitating fat burn."

All of this is done without bulking you up.

Working out is the bigger picture to a happier, healthier you, so eat right, stay healthy and keep a clear mind.

Challenges

- Connecting with your body as one unit
- Using your own body weight for squats, lunges, press and push-ups
- Endurance achieved via circuit training C
- Increasing your flexibility in order to increasing your rage of movement.

Belleon nutrition

People that exercise require proper nutrition explains Leon.

"Don't think that because you are training for a marathon, you can afford to eat three plates of pasta with cream cheese. No. If you are working towards a leaner body, you need to allow your muscles to recover. A protein and whole food rich diet that including nuts, fish, tofu, eggs, raw vegetables, healthy fats and a boost of anti oxidants is ideal. Just sat away from simple sugar."

Belleon results

In just six weeks, Belleon gets you in better mental and physical shape.

The benefits? Weight loss, increased work out capacity alongside improved agility, balance and core strength, overall well-being, a sense of calm and lowered stress levels.

As the mind and the body come together, the body eventually surpasses what the mind believes are its limits.

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Refreshing, cool and colourful Tex-Mex starter

ROSE REISMAN
LIFE@METRONEWS.CA

The garnishes for this soup make it a real Tex-Mex favorite, as well as a beautiful looking soup. It's a great starter to a main course of fajitas, burritos or quesadillas. I buy flavoured tortillas in bulk and freeze them. To defrost, place the entire package in the microwave oven and heat on High for 30 seconds, or just until you can break away the number you need. Refreeze the remainder. The different colors add interest to any meal.

Tortilla, Sautéed Corn and Plum Tomato Soup

▶ Tortilla, Sautéed Corn and Plum Tomato Soup.

Ingredients :

- 2 tsp vegetable oil
- 1 cup chopped onion
- 1/2 cup chopped green bell pepper
- 2 tsp minced fresh garlic
- 3/4 cup canned corn kernels, drained
- 4 cups chicken or vegetable stock
- 3/4 cup canned black beans, drained and rinsed
- 3 tbsp basmati rice
- 1 tsp hot chili paste
- 1 cup diced plum tomatoes
- 1/4 tsp salt and freshly ground black pepper
- 2 1/2 tsp cornstarch
- 1 cup thinly sliced flavoured flour tortillas
- 1/3 cup chopped cilantro or parsley
- 1/4 cup low-fat sour cream

Preparation:

1. Spray a non-stick saucepan with cooking oil, add the vegetable oil and place over medium heat. Cook the onion, green pepper and garlic, stirring occasionally, for 5 minutes or until the onions are golden. Stir in the corn and cook for 5 minutes, or until the corn begins to brown.
2. Stir in the stock, black beans, rice and chili paste. Bring to a boil, reduce the heat to a simmer and cook for 12 minutes.
3. Add the tomatoes, cornstarch (dissolved in 1 Tbsp of water) and salt and pepper.
4. Simmer for 2 minutes until slightly thickened. Ladle the soup into individual bowls and garnish each serving with tortilla strips, fresh herbs and sour cream. Makes six servings.

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GIRL'S CRUSH CONFESSION LED TO TO REAL LOVE

▶ Kathryn and John

How We Met: Kathryn & John

"John and I (Kathryn) first met in high school, where we had classes together, but we were both so painfully shy that we never spoke a word to each other!

"I liked John since the moment I saw him, but was never able to work up the courage to talk to him. We even ended up going to the same university.

"In the summer of 2008, we found ourselves together on a pub crawl, and in a drunken stupor the next morning, I confessed to my crush on him. At the time, I was in a dead-end relationship, which ended shortly after

"I confessed my feelings to John. We became good friends and talked daily. Then almost a year after becoming friends, we started dating and have been together ever since!"

WE WANT TO KNOW HOW YOU MET! GO TO 2FORCOUPLES.COM NOW TO SUBMIT YOUR LOVE STORY.

Names: Kathryn, 22, and John, 22

Hometown: Dartmouth, N.S.

Together since: 2009

Their story:

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▶ It is possible to make taxes less ... taxing.

How to make your taxes less taxing

Alison's Money Rule: A little tax prep now will pay dividends when filing time rolls around

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Death and taxes. If you wait until next April to think about the latter, the experience can be a whole lot like the former.

A little thought and preparation now can save you time and money in the new year. Here are some proactive tax tips from Cleo Hamel, senior tax analyst for H&R Block Canada.

• **Check your pay stub:** Direct deposit is convenient but errors can affect your tax situation. Look at your monthly deductions. Chloe has seen mistakes ranging from arithmetic errors to taxable benefits not shown and moving expenses paid out incorrectly.

• **Check your interest earning investments:** Some banks don't issue T5 slips for $50 less in interest earned. And some don't provide tax slips for trades so you could be missing tax deductible investment expenses. Use your own records to list interest income and investment expenses.

• **Check the charity:** Before donating money this holiday season contact the Canada Revenue Agency to ensure that charity is properly listed. Hamel notes there have been reversals of charitable contributions by the CRA in the past few years.

• **Check on your health:** If your family has known medical expenses coming up such braces or glasses you could get a bigger tax benefit by loading them all into one year.

• **Check your investments:** Even though the market has risen nicely since the 2008\09 meltdown many still have losses. Selling a losing investment (only those outside RRSPs and RRIFs qualify), provides a capital loss that can be carried back three years or carried forward indefinitely to reduce tax on capital gains.

Fun and Frugal

LESLEY SCORGIE
MONEY@METRONEWS.CA

TFSA: YES OR NO?

In 2009, the federal government introduced the tax-free savings account, which allows Canadians eighteen years of age and older to save and grow their money tax free. Each year you can contribute $5,000. This amount will be indexed with inflation.

Though your contributions aren't eligible for a tax deduction, your earnings within the plan aren't taxed. So, basically your money grows tax-free, even when it is withdrawn. With a Registered Retirement Savings Plan (RRSP), however, you're fully taxed at your marginal tax rate when funds are withdrawn.

Similar to an RRSP, Registered Pension Plan (RPP), or other non-registered plans, you can put a variety of investments within the TFSA, from GICs to stocks to mutual funds, etc. Your contribution room is also carried forward indefinitely, so if you can't contribute one year, you can make up for it the next year.

When you withdraw the funds, which you can do without penalty at any time, you don't pay tax on capital gains, dividends, trust distributions, or interest earned.

Whatever your goals, the best way to use a TFSA is to maximize the allowable yearly contribution.

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4 sports

NFL. Giants invade Texas

▶ Running back Brandon Jacobs of the New York Giants runs for a touchdown against the Dallas Cowboys last night in Arlington, Texas.

RONALD MARTINEZ/GETTY IMAGES

Giants topple Cowboys as Romo breaks collarbone

Tony Romo's season might be over, and the Dallas Cowboys' season might as well be.

As for Eli Manning and the New York Giants, everything's clicking. Romo broke his left collarbone in the second quarter, then his teammates let a 13-point lead turn into a 41-35 loss last night that helps send both teams in opposite directions in the NFC East.

The Giants (5-2) won their fourth straight and moved a full game ahead in the division. Dallas slumped to 1-5.

THE ASSOCIATED PRESS

Rypien apologizes for attack on fan

Canucks forward says he'll return from 6-game suspension more focused and determined

Vancouver Canucks forward Rick Rypien has apologized for confronting a fan during a game in Minnesota last week, calling the incident a "real eye-opener."

"I know what I did was wrong," said Rypien, who is serving a six-game suspension for the Oct. 19 incident in a game against the Minnesota Wild in St. Paul.

Vowing that a similar incident would never happen again, Rypien said yesterday he was not in a position to debate the length of the suspension, suggesting he had no choice but to accept it.

An irate Rypien grabbed heckling Minnesota fan James Engquist while heading to the dressing room following a confrontation with Wild enforcer Rob Staubitz near the Vancouver bench. The two had fought earlier in the game. In addition to suspending Rypien, a 26-year-old Coleman, Alta., native who is in his sixth pro season, the NHL fined the Canucks $25,000 US.

"It's a real eye-opener for me, so I think I'm going to come back real strong and better than ever," Rypien said in his first public comments since the incident occurred. "I think I'm going to be more focused and more determined to play the game that I love the most."

NHL commissioner Gary Bettman has reportedly offered to take Engquist to dinner and provide him with a pair of tickets for another Wild game.

The move came after the fan told a Minnesota newspaper he was contemplating legal action against Rypien for the incident, which lasted a few seconds before Vancouver coach Alain Vigneault and teammate Manny Malhotra quickly intervened.

THE CANADIAN PRESS

"The fact that they're in my corner and helped me out, I'm really thankful for that obviously."

RYPIEN ON SUPPORT FROM THE CANUCKS ORGANIZATION

Injury threatens Favre's streak

Brett Favre's ironman streak has endured a litany of injuries and even a pair of premature retirement press conferences.

Perhaps this is the week that, finally, Favre's health prevents him from playing.

The 41-year-old Minnesota quarterback has a stress fracture in his left ankle that could end his NFL-record streak at 291 consecutive games started — 315 including the playoffs.

Vikings coach Brad Childress said yesterday an MRI on Favre's foot revealed the stress fracture as well as an "avulsion" fracture in the heel bone. An avulsion fracture occurs when a fragment of bone is torn away by a tendon or ligament. Childress said neither injury requires surgery.

Favre is also the subject of an NFL investigation into allegations that he sent lewd photographs and suggestive messages to a female New York Jets employee in 2008, a development that first put his streak in danger with the possibility of a suspension under the league's personal conduct policy.

THE ASSOCIATED PRESS

Blue Jays land Farrell as new bench boss

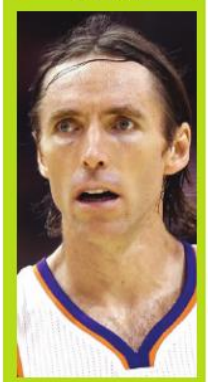
The Toronto Blue Jays named John Farrell their new manager yesterday, handing over a young team to a man with a strong and wide-ranging resumé that lacks any previous managerial experience.

Farrell, The Red Sox's pitching coach since 2007, was very well thought of in Boston and had been widely viewed as the heir apparent to manager Terry Francona.

"John, first and foremost, is a leader and that's the number one thing we need in that clubhouse," said Jays GM Alex Anthopoulos. "There's so much that John brings."

THE CANADIAN PRESS

Quoted



"We have a lot to overcome. This is a league that when you get to the end you've got to have a certain amount of size. I'm not sure we have it."

SUNS GUARD STEVE NASH

"We are probably not the No. 1 favourites. But heading into the playoffs we can beat anybody. Nobody's that much better than us."

SPURS GUARD MANU GINOBILI

Scan code for sports

NHL

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Tampa Bay	8	5	2	1	0	27	27	11	2-1-1-0	3-1-0-0	5-2-1-0	L1
d-Montreal	8	5	2	1	0	20	18	11	2-1-1-0	3-1-0-0	5-2-1-0	W2
d-Pittsburgh	9	5	3	1	0	27	20	11	2-3-0-0	3-0-1-0	5-3-1-0	L1
Washington	8	5	3	0	0	23	21	10	4-1-0-0	1-2-0-0	5-3-0-0	W1
NY Islanders	8	4	2	1	1	26	23	10	2-0-0-1	2-2-1-0	4-2-1-1	L1
NY Rangers	7	4	2	1	0	22	20	9	1-1-1-0	3-1-0-0	4-2-1-0	W3
Toronto	7	4	2	1	0	20	18	9	2-1-1-0	2-1-0-0	4-2-1-0	L3
Boston	6	4	2	0	0	18	11	8	1-2-0-0	3-0-0-0	4-2-0-0	L1
Carolina	7	4	3	0	0	21	21	8	1-0-0-0	3-3-0-0	4-3-0-0	W1
Atlanta	8	3	4	1	0	23	29	7	1-2-0-0	2-2-1-0	3-4-1-0	L3
Philadelphia	8	3	4	1	0	19	21	7	2-3-0-0	1-1-1-0	3-4-1-0	L1
Buffalo	9	3	5	1	0	24	24	7	0-4-1-0	2-2-0-0	3-5-1-0	W1
Florida	6	3	3	0	0	17	12	6	2-1-0-0	1-2-0-0	3-3-0-0	W1
Ottawa	8	2	5	1	0	16	26	5	1-2-0-0	1-3-1-0	2-5-1-0	L1
New Jersey	9	2	6	1	0	15	30	5	0-4-1-0	2-2-0-0	2-6-1-0	L2

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Nashville	8	5	0	3	0	21	17	13	2-0-3-0	3-0-0-0	5-0-3-0	W2
d-Los Angeles	8	6	2	0	0	25	19	12	3-0-0-0	3-2-0-0	6-2-0-0	W2
d-Calgary	8	5	3	0	0	21	17	10	3-1-0-0	2-2-0-0	5-3-0-0	W2
Detroit	7	5	1	0	1	23	18	11	3-0-0-1	2-1-0-0	5-1-0-1	W4
Chicago	10	5	4	1	0	29	28	11	3-3-0-0	2-1-1-0	5-4-1-0	L2
Dallas	7	5	2	0	0	24	17	10	2-1-0-0	3-1-0-0	5-2-0-0	L1
St. Louis	7	4	1	1	1	19	14	10	4-0-0-0	0-1-1-1	4-1-1-1	W2
Columbus	8	5	3	0	0	20	22	10	3-2-0-0	2-1-0-0	5-3-0-0	W2
Colorado	8	4	4	0	0	25	29	8	1-2-0-0	3-2-0-0	4-4-0-0	L2
Minnesota	8	3	3	0	2	23	23	8	2-2-0-1	1-1-0-1	3-3-0-1	L2
Vancouver	8	3	3	0	2	20	21	8	3-0-0-1	0-3-0-1	3-3-0-2	W1
San Jose	7	3	3	1	0	19	21	7	1-2-0-0	2-1-1-0	3-3-1-0	L1
Phoenix	7	2	2	3	0	17	19	7	1-1-2-0	1-1-1-0	2-2-3-0	L2
Anaheim	9	3	5	0	1	21	33	7	2-0-0-1	1-5-0-0	3-5-0-1	L1
Edmonton	6	2	4	0	0	15	21	4	2-2-0-0	0-2-0-0	2-4-0-0	L4

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Columbus 2 Philadelphia 1
Montreal 3 Phoenix 2 (OT)
Los Angeles 3 Minnesota 2 (SO)
Sunday's results
Calgary 4 San Jose 0
Nashville 4 Tampa Bay 3
N.Y. Rangers 3 New Jersey 1
Tonight's games
(All times Eastern)
Florida at Toronto, 7 p.m.
Buffalo at Philadelphia, 7 p.m.
Phoenix at Ottawa, 7:30 p.m.
Edmonton at Calgary, 9 p.m.
Anaheim at Dallas, 9 p.m.
Colorado at Vancouver, 10 p.m.
Tomorrow's games
Atlanta at N.Y. Rangers, 7 p.m.
Washington at Carolina, 7 p.m.
N.Y. Islanders at Montreal, 7:30 p.m.
Pittsburgh at Tampa Bay, 7:30 p.m.
Los Angeles at Chicago, 8:30 p.m.
New Jersey at San Jose, 10:30 p.m.

CANADIENS 3, COYOTES 2 (OT)

First Period
No Scoring.
Penalties — Spacek Mtl (holding stick) 2:57, Whitney Pho (interference) 3:32, Fiddler Pho (holding) 4:31, Ekman-Larsson Pho (high-sticking) 7:38, Gorges Mtl (hooking) 16:15.
Second Period
1. Phoenix, Turris 3 (Wolski) 2:49
2. Montreal, Plekanec 3 (Kostitsyn, Cammalleri) 7:14
3. Montreal, Cammalleri 3 (Hamrlik, Subban) 9:23 (pp)
Penalties — Morris Pho (cross-checking) 8:09, Spacek Mtl (hooking) 10:23, Whitney Pho (holding) 11:18, Moen Mtl (boarding) 19:53.
Third Period
4. Phoenix, Morris 1 1:01 (pp)
Penalty — Gorges Mtl (interference) 5:57.
Overtime
5. Montreal, Kostitsyn 5 (Eller, Gorges) 1:25
Penalties — None.
Shots on goal by

Phoenix	11	7	11	0—29
Montreal	10	8	10	1—29

Goal — Phoenix: Bryzgalov (L,2-1-2). Montreal: Price (W,5-2-1). **Power plays (goals-chances)** — Phoenix: 1-5. Montreal: 1-5. **Referees** — Rob Martell, Dennis LaRue. **Linesmen** — Michel Cormier, Brad Kovachik. **Att.** — 21,273 at Montreal.

LATE SUNDAY

FLAMES 4, SHARKS 0

First Period
1. Calgary, Bourque 5 (Hagman, Morrison) 4:12 (pp)
2. Calgary, Iginla 2 (Tanguay, White) 6:01
3. Calgary, Conroy 2 (Meyer, Jackman) 8:36
4. Calgary, Bourque 6 (Tanguay, Stajan) 11:47
Penalties — Pavelski SJ (tripping) 3:31, Clowe SJ, Jackman Cal (fighting) 8:36, Mitchell SJ (hooking) 13:00.
Second Period
No Scoring.
Penalties — Niittymaki SJ (delay of game; served by Mayers) 2:36, Heatley SJ (slashing) 8:53, Jokinen Cal (interference) 13:15, Wallin SJ (delay of game) 17:09, Glencross Cal (hooking) 19:43.
Third Period — No Scoring.
Penalties — Heatley SJ (tripping) 4:50.
Shots on goal by

San Jose	6	12	9	27
Calgary	14	10	6	30

Goal (shots-saves) — San Jose: Niemi (L,1-3-0)(5-2), Niittymaki (8:36 first, 25-24); Calgary: Kiprusoff (W,4-3-0). **Power plays (goals-chances)** — San Jose: 0-2; Calgary: 1-6. **Att.** — 19,289 (19,289) at Calgary.

SCORING LEADERS

	G	A	PT
Stamkos, TB	8	7	15
Sharp, Chi	8	3	11
Hossa, Chi	7	4	11
D.Sedin, Vcr	7	4	11
Crosby, Pgh	6	5	11
Getzlaf, Ana	3	8	11
C.Stewart, Col	5	5	10
Zetterberg, Det	3	7	10
B.Richards, Dal	2	8	10
Liles, Col	0	10	10
H.Sedin, Vcr	0	10	10
Horton, Bos	5	4	9
Roy, Buf	5	4	9
P.Stastny, Col	4	5	9
Cullen, Minn	3	6	9
St. Louis, TB	3	6	9
Bertuzzi, Det	2	7	9
M.Koivu, Minn	2	7	9
Kessel, Tor	6	2	8
MacArthur, Tor	6	2	8
Kostitsyn, Mtl	5	3	8
Semin, Wash	5	3	8
Alfredsson, Ott	4	4	8
Neal, Dal	4	4	8
Ovechkin, Wash	4	4	8
Selanne, Ana	4	4	8
Kopitar, LA	3	5	8
Ladd, Atl	3	5	8
Malkin, Pgh	3	5	8
Perry, Ana	3	5	8
Letang, Pgh	2	6	8

TRANSACTIONS

BASEBALL

MLB

AMERICAN LEAGUE
NEW YORK YANKEES — Fired pitching coach Dave Eiland.
TORONTO BLUE JAYS — Named John Farrell manager.

NATIONAL LEAGUE
ST. LOUIS CARDINALS — Agreed to terms with pitching coach Dave Duncan on a two-year contract and hitting coach Mark McGwire, first-base coach Dave McKay, third-base coach Jose Oquendo and bench coach Joe Pettini on one-year contracts.

BASKETBALL

NBA

CHICAGO BULLS — Exercised their fourth-year contract option on G Derrick Rose and third-year contract options on F Taj Gibson and F James Johnson.
MIAMI HEAT — Waived F Da'Sean Butler and G Patrick Beverley.
MILWAUKEE BUCKS — Exercised their third-year contract option on G Brandon Jennings. Waived F Brian Skinner.

FOOTBALL

NFL

HOUSTON TEXANS — Waived DT Frank Okam. Signed LB Stanford Keglar, DT Damione Lewis and DT Malcolm Sheppard. Signed DE Tim Jamison to the practice squad. Place LB DeMeco Ryans on injured reserve.
NEW YORK JETS — Signed T Andre Ramsey to the practice squad.
TAMPA BAY BUCCANEERS — Released TE Jerramy Stevens.

CFL

WINNIPEG BLUE BOMBERS — Added QB Frank Wilczynski to the practice roster.

HOCKEY

NHL

ATLANTA THRASHERS — Activated G Ondrej Pavelec from injured reserve. Reassigned G Peter Mannino to Chicago (AHL).
COLUMBUS BLUE JACKETS — Activated RW Jared Boll from injured reserve.
NASHVILLE PREDATORS — Reassigned D Teemu Laakso to Milwaukee (AHL).
NEW YORK ISLANDERS — Recalled F Matt Martin on emergency loan from Bridgeport (AHL).
NEW YORK RANGERS — Assigned F Jeremy Williams to Hartford (AHL).
PITTSBURGH PENGUINS — Assigned F Eric Tangradi and D Andrew Hutchinson to Wilkes-Barre/Scranton (AHL).
WASHINGTON CAPITALS — Recalled G Braden Holtby from Hershey (AHL). Loaned G Dany Sabourin to Hershey. Assigned C Jay Beagle to Hershey.

AHL

MANITOBA MOOSE — Assigned F Prab Rai to Victoria (ECHL).

CFL

WEEK 18

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
y-Montreal	16	11	5	0	480	415	22
x-Hamilton	16	9	7	0	436	372	18
x-Toronto	16	8	8	0	313	401	16
Winnipeg	16	4	12	0	419	434	8

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
y-Calgary	16	11	5	0	536	403	22
x-Saskatchewan	16	9	7	0	449	442	18
Edmonton	16	6	10	0	343	501	12
B.C.	16	6	10	0	420	428	12

x — clinched playoff berth.
y — clinched division title.
Friday's games
(All times Eastern)
Montreal at Toronto, 7 p.m.
Hamilton at Calgary, 10 p.m.
Saturday's game
Winnipeg at Edmonton, 7 p.m.
Sunday's game
Saskatchewan at B.C., 5 p.m.

SCORING LEADERS

	TD	C	FG	S	Pts
Maver, Cal	0	60	31	3	156
McCallum, BC	0	29	40		
6	155				
Duval, Mtl	0	37	30	12	139
DeAngelis, Ham	0	39	31	3	135
Congi, Sask	0	41	26	2	121
Prefontaine, Edm-Tor	0	28	24	8	108
Cates, Sask	15	0	0	0	90
Shaw, Tor	0	18	19	6	81
Palardy, Ham-Wpg	0	18	16	7	73
T.Edwards, Wpg	12	0	0	0	72
Bryant, Cal	11	0	0	0	66
x-Cobb, Ham	10	2	0	0	62
x-Green, Mtl	10	2	0	0	62
Lewis, Cal	9	0	0	0	54
Robertson, BC	9	0	0	0	54
Bruce, Ham	8	0	0	0	48
Serna, Wpg	0	20	8	4	48
x-Richardson, Mtl	7	2	0	0	44
Boyd, Tor	7	0	0	0	42
McDaniel, Ham	7	0	0	0	42
Rambo, Cal	7	0	0	0	42
Reynolds, Cal	7	0	0	0	42
Watkins, Mtl	7	0	0	0	42
x-Owens, Tor	6	2	0	0	38
x-Simon, BC	6	2	0	0	38
Cobourne, Mtl	6	0	0	0	36
Davis, BC	6	0	0	0	36
Dressler, Sask	6	0	0	0	36
Durant, Sask	6	0	0	0	36
Reid, Wpg	6	0	0	0	36
Schiavone, Edm	0	8	9	1	36
David, Mtl	0	6	9	2	35
Bratton, Mtl	5	0	0	0	30
Fantuz, Sask	5	0	0	0	30
McCarty, Edm	5	0	0	0	30
Whitlock, Edm	5	0	0	0	30
Thigpen, Ham	5	0	0	0	30
Medlock, Tor	0	5	7	1	27
x-Getzlaf, Sask	4	2	0	0	26
Black, BC	4	0	0	0	24
Carr, Wpg	4	0	0	0	24

NBA

2010-11 SCHEDULE

Tonight's games
(All times Eastern)
Miami at Boston, 7:30 p.m.
Phoenix at Portland, 10 p.m.
Houston at L.A. Lakers, 10:30 p.m.
Tomorrow's games
Boston at Cleveland, 7 p.m.
Detroit at New Jersey, 7 p.m.
Miami at Philadelphia, 7 p.m.
New York at Toronto, 7 p.m.
Atlanta at Memphis, 8 p.m.
Sacramento at Minnesota, 8 p.m.
Milwaukee at New Orleans, 8 p.m.
Chicago at Oklahoma City, 8 p.m.
Charlotte at Dallas, 8:30 p.m.
Indiana at San Antonio, 8:30 p.m.
Utah at Denver, 8:30 p.m.
Houston at Golden State, 10:30 p.m.
Portland at L.A. Clippers, 10:30 p.m.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-New York	30	15	9	6	38	29	51
x-Columbus	30	14	8	8	40	34	50
Kansas City	30	11	13	6	36	35	39
Chicago	30	9	12	9	37	38	36
Toronto FC	30	9	13	8	33	41	35
New England	30	9	16	5	32	50	32
Philadelphia	30	8	15	7	35	49	31
D.C. United	30	6	20	4	21	47	22

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-Los Angeles	30	18	7	5	44	26	59
x-Real Salt Lake	30	15	4	11	45	20	56
x-FC Dallas	30	12	4	14	42	28	50
x-Seattle	30	14	10	6	39	35	48
x-San Jose	30	13	10	7	34	33	46
x-Colorado	30	12	8	10	44	32	46
Houston	30	9	15	6	40	49	33
Chivas USA	30	8	18	4	31	45	28

Note: Three points for a win, one for a tie.
x — clinched playoff berth.
Sunday's results
Columbus 3 Philadelphia 1
Los Angeles 2 FC Dallas 1
End of MLS regular season

PLAYOFFS

SEMIFINALS

EASTERN CONFERENCE
(All times Eastern)
New York vs. San Jose
Saturday's game
First Leg
New York at San Jose, 10 p.m.
Columbus vs. Colorado
Thursday's game
First Leg
Columbus at Colorado, 9 p.m.
WESTERN CONFERENCE
Los Angeles vs. Seattle
Sunday's game
First Leg
Los Angeles at Seattle, 8 p.m.
Real Salt Lake vs. FC Dallas
Saturdays' game
First Leg
Real Salt Lake at Dallas, 5 p.m.

ITALY

SERIE A

Yesterday's result
Napoli 1 AC Milan 2

PORTUGAL

LIGA

Yesterday's result
FC Porto 5 Leiria 1

SPAIN

LA LIGA

Yesterday's result
Real Sociedad 3 Deportivo La Coruna 0

MLB

2010 POSTSEASON

WORLD SERIES

Tomorrow's game
(All times Eastern)
Texas (Lee 12-9) at San Francisco (Lincecum 16-10), 7:57 p.m.
Thursday's game
Texas at San Francisco, 7:57 p.m.
Saturday's game
San Francisco at Texas, 6:57 p.m.
Sunday's game
San Francisco at Texas, 8:20 p.m.

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Jets	5	1	0	.833	159	101
New England	5	1	0	.833	177	136
Miami	3	3	0	.500	111	135
Buffalo	0	6	0	.000	121	198

SOUTH

	W	L	T	Pct	PF	PA
Tennessee	5	2	0	.714	199	117
Houston	4	2	0	.667	153	167
Indianapolis	4	2	0	.667	163	125
Jacksonville	3	4	0	.429	130	209

NORTH

	W	L	T	Pct	PF	PA
Pittsburgh	5	1	0	.833	137	82
Baltimore	5	2	0	.714	149	129
Cincinnati	2	4	0	.333	132	141
Cleveland	2	5	0	.286	118	142

WEST

	W	L	T	Pct	PF	PA
Kansas City	4	2	0	.667	150	112
Oakland	3	4	0	.429	179	165
San Diego	2	5	0	.286	177	149
Denver	2	5	0	.286	138	199

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Giants	5	2	0	.714	175	153
Washington	4	3	0	.571	130	133
Philadelphia	4	3	0	.571	172	157
Dallas	1	5	0	.167	137	152

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	5	2	0	.714	169	133
Tampa Bay	4	2	0	.667	98	128
New Orleans	4	3	0	.571	147	138
Carolina	1	5	0	.167	75	130

NORTH

	W	L	T	Pct	PF	PA
Chicago	4	3	0	.571	126	114
Green Bay	4	3	0	.571	167	136
Minnesota	2	4	0	.333	111	116
Detroit	1	5	0	.167	146	140

WEST

	W	L	T	Pct	PF	PA
Seattle	4	2	0	.667	120	107
Arizona	3	3	0	.500	98	160
St. Louis	3	4	0	.429	120	131
San Francisco	1	6	0	.143	113	162

WEEK 7

Byes: Detroit, Houston, Indianapolis, N.Y. Jets
Last night's result
N.Y. Giants 41 Dallas 35
Sunday's results
Atlanta 39 Cincinnati 32
Baltimore 37 Buffalo 34 (OT)
Carolina 23 San Francisco 20
Cleveland 30 New Orleans 17
Kansas City 42 Jacksonville 20
New England 23 San Diego 20
Oakland 59 Denver 14
Pittsburgh 23 Miami 22
Seattle 22 Arizona 10
Tampa Bay 18 St. Louis 17
Tennessee 37 Philadelphia 19
Washington 17 Chicago 14
Green Bay 28 Minnesota 24

WEEK 8

Byes: N.Y. Giants, Philadelphia, Chicago, Atlanta, Baltimore, Cleveland
Sunday's games
(All times Eastern)
Denver vs. San Francisco at London, 1 p.m.
Washington at Detroit, 1 p.m.
Buffalo at Kansas City, 1 p.m.
Carolina at St. Louis, 1 p.m.
Miami at Cincinnati, 1 p.m.
Jacksonville at Dallas, 1 p.m.
Green Bay at N.Y. Jets, 1 p.m.
Tennessee at San Diego, 4:05 p.m.
Minnesota at New England, 4:15 p.m.
Seattle at Oakland, 4:15 p.m.
Tampa Bay at Arizona, 4:15 p.m.
Pittsburgh at New Orleans, 8:20 p.m.
Monday, Nov. 1
Houston at Indianapolis, 8:30 p.m.

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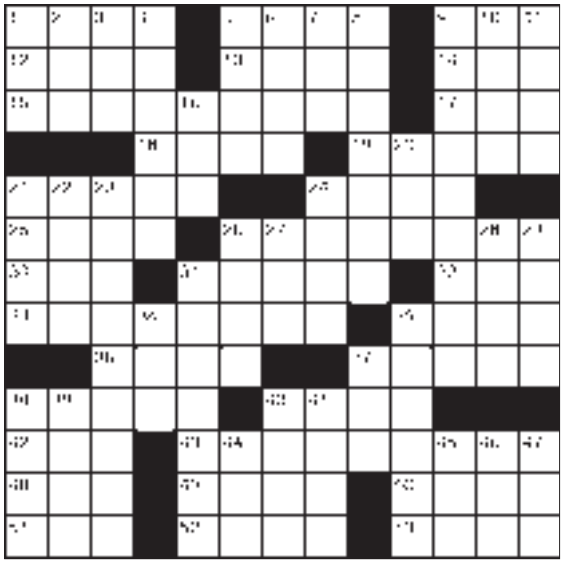
Crossword



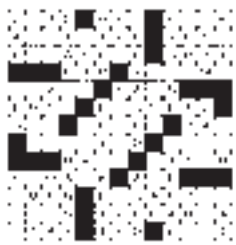
Across

1 Gunshot sound
5 Salamanders
9 Discoverer's cry
12 Smell
13 Lotion additive
14 Lair
15 Edge
17 Moving vehicle
18 Ivory source
19 Eighth Greek letter
21 Allege
24 Fictional sleuth Charlie
25 Lends a hand
26 Invoice add-on
30 Dallas NBA'er, for short
31 They have their ups and downs
32 Luau music provider
33 Ready
35 Smile
36 To laugh (Fr.)
37 Sports venue
38 Performed
40 Hamburg's river
42 Mainlander's memento
43 Supporters of a cause
48 Picks out of a lineup
49 Regrets
50 Helpless?
51 Shirt shape
52 Disarray
53 TV trophy

Down

1 Squeezing snake
2 Toss in
3 Thanksgiving mo.
4 Free
5 Chows down
6 Anti-aircraft fire
7 Dress (up)
8 Boils
9 Exciting experience
10 Radiator output
11 Wintour or Quindlen
16 Fourth O.T. bk.
20 Owns
21 Bivouac
22 Taleteller
23 Plug
24 Lummox
26 Angry
27 Sailor's assent
28 Related
29 TV's "Warrior Princess"
31 Part of a spar
34 Chart format
35 "Summer Nights" musical
37 Disney-owned network
38 Settled down
39 Give up
40 December 24 and 31
41 Privation
44 Payable
45 Male turkey
46 Shade tree
47 Sauce for dim sum

▶ Yesterday's answer



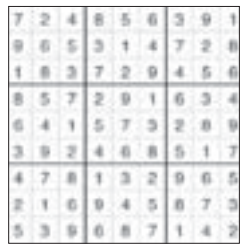
Sudoku

	6			3			7	
		4	2		8	5		
9								6
1		7				6		9
			9		4			
2		3				8		7
3								4
		9	3		1	2		
	2			4			8	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶



Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

To my most awesome boyfriend Jonathan. You are the best thing that happened to me. I love you more than anything. **LOVE ALWAYS, YOUR NERD :P**

Mitch. Since the day I met you I've come to learn what true love means I hope that we spend our lives together with our friends and family happy 2 year. **LOVE QUILL**

To: chocolate[BAR] Happy Birthday! May you be blessed with all the applesauce and gugenheim you can devour. **LOVE, [MLA]FORMAT**

Amanda, You know your Smart, Pretty, and Petite. I find myself looking at my phone whenever Sexy Back plays, wishing it was your name on the screen. You don't deserve the stress I created. Im sorry. All the best at school today. I miss hearing about your day. **RICHARD**

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today's horoscope

♈ Aries March 21-April 20 It's no big deal that different people see things in different ways — not unless you choose to make it a big deal. Don't think of today's clash of opinions as a threat.

♉ Taurus April 21-May 21 Go your own way and do your own thing and ignore those who disapprove of your desire to be free of restrictions. Quite clearly they are jealous of your ability to come and go as you please.

♊ Gemini May 22-June 21 Be calm, be confident and be ready to drop whatever you are working on if a more interesting project presents itself. Devote your time and energy only to what is important to you.

♋ Cancer June 22-July 22 There is nothing you cannot do. No task is too big for you. There will, of course, be those who say you are biting off more than you can chew but, if anything, you have been too restrained of late.

♌ Leo July 23-Aug.23 If you need to make changes to your everyday routine now is the time to get serious about them. So get started and before you know it your work will be done.

♍ Virgo Aug. 24- Sept. 22 Don't tie yourself down to one location or one group of people today because you will quickly get bored. Get out and about and meet new people and explore new experiences.

♎ Libra Sept. 23-Oct. 23 If you find yourself thinking about the past it is probably because there are still issues that have not been resolved. You won't be able to move on from those thoughts until you deal with those issues once and for all.

♏ Scorpio Oct. 24-Nov. 22 Don't waste time and energy on things that bore you. No one can force you to conform, so go your own way and do your own thing.

♐ Sagittarius Nov. 23-Dec. 21 No matter how difficult a task may look you can make a success of it. The only thing that is holding you back from trying is self-doubt, but that will disappear the moment you start to take action.

♑ Capricorn Dec. 22-Jan. 20 Now is the time to pursue whatever it is that inspires you. There really is nothing you cannot achieve at the moment, so aim high.

♒ Aquarius Jan. 21-Feb. 18 You will meet someone today who can help you realize your ambitions but they will, of course, want something from you in return. Whatever the price it's worth it.

♓ Pisces Feb. 19-March 20 You won't lack for confidence today but not everyone will share your positive attitude. Some people, it seems, get their kicks from negative thoughts and if you spend too much time with them you'll get grumpy too.

SALLY BROMPTON

Caption contest

MAJA SUSLIN/THE ASSOCIATED PRESS

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VADIM GHIRDA/THE ASSOCIATED PRESS

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AIR CANADA VACATIONS

Deals of the week

NON-STOP FLIGHTS

MEXICO

Los Cabos

Royal Solaris Los Cabos Resort & Spa • 4★

All-Inclusive • Deluxe rm.
Jan. 2, 9 & 23 • 1 wk.

$649
+Taxes & other fees (including service charges): $278

Cancun/Riviera Maya

Gran Bahia Principe Tulum • 5★

All-Inclusive
Standard rm.
Dec. 25 • 1 wk.

$1709
+Taxes & other fees (including service charges): $283

Grand Sirenis Riviera Maya Hotel & Spa • 5★

All-Inclusive
Junior suite
Dec. 25 • 1 wk.

$1809
+Taxes & other fees (including service charges): $283

MEXICO

Puerto Vallarta/Riviera Nayarit

Canto del Sol Plaza Vallarta • 3 1/2★

All-Inclusive • Standard rm.
Nov. 13 – Dec. 11 • 1 wk.

$739
+Taxes & other fees (including service charges): $276

Ixtapa/Zihuatanejo

Hotel Emporio Ixtapa • 3 1/2★

Standard mountain view rm.
Jan. 1 • 1 wk.

$859
+Taxes & other fees (including service charges): $276

JAMAICA

Sunset Jamaica Grande Resort & Spa • 4★

All-Inclusive
Exclusive, renovated standard rm.
Dec. 24 • 1 wk.
FREE upgrade to oceanfront rm.

PRIVILEGES
$1599
+Taxes & other fees (including service charges): $275

CUBA

Varadero

Sirenis La Salina Varadero Beach Resort • 4★

All-Inclusive • Standard rm.
Dec. 31 • 1 wk.

$859
+Taxes & other fees (including service charges): $222

Meliá Varadero • 4★

All-Inclusive
Standard rm.
Dec. 24 • 1 wk.

PRIVILEGES
$1689
+Taxes & other fees (including service charges): $222

JAMAICA

Gran Bahia Principe Jamaica • 4 1/2★

All-Inclusive • Junior suite
Dec. 31 • 1 wk.

PRIVILEGES
$1629
+Taxes & other fees (including service charges): $275

FLIGHTS VIA TORONTO

DOMINICAN REPUBLIC

Samana

Gran Bahia Principe El Portillo • 4 1/2★

All-Inclusive • Standard rm.
Nov. 7 – Dec. 12 • 1 wk.

PRIVILEGES
$799
+Taxes & other fees (including service charges): $324

DOMINICAN REPUBLIC

Punta Cana

Occidental Grand Punta Cana • 4★

All-Inclusive
Junior suite
Nov. 28 • 1 wk.

$849
+Taxes & other fees (including service charges): $324

SAINT LUCIA

Almond Morgan Bay • 4★

All-Inclusive
Deluxe pool & garden view rm.
Nov. 7 & 14 • 1 wk.

$1809
+Taxes & other fees (including service charges): $239

USA

HAWAII | Honolulu

Aqua Palms & Spa • 3★

Partial city view rm.
Nov. 28 & Dec. 2 • 1 wk.

$699
+Taxes & other fees (including service charges): $140

CRUISE

Celebrity Cruises[1]

Celebrity Summit℠

Southern Caribbean Cruise
Flight to San Juan via Toronto
Oceanview stateroom, cat. 7
Jan. 8 • 1 wk.

$1189
+Taxes & other fees (including service charges): $285

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